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IN LONDON
RIOTS MAKING
JOLIE NERVOUS**
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OTTAWA

metro®

Thursday, August 11,
2011

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News worth
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OVER

\$15

IN SAVINGS

SEE PAGE 3

Cheques don't cut it: Parents

- There are 5,000 children in Ottawa right now waiting for spaces in day cares, activists say
- We know there is a shortage of daycare space, we understand that: Minister Diane Finley



**JOE
LOFARO**
@METRONEWS.CA

Angry parents confronted the Minister of Human Resources and Skills Development Diane Finley at a Barrhaven park yesterday as she celebrated the fifth anniversary of the Universal Child Care Benefit.

The benefit is a \$100 cheque to Canadian families per month for every child under six years old. But for some parents, that's not enough.

"It really doesn't go far. I don't notice it," said Angela Saghbini, a 25-year-old mother who crashed the anniversary celebration.

The Carleton University graduate struggled for months trying to find a daycare that would take her son while she was earning her degree. With limited spaces available, she had to pay her mother's friend to watch her son while she had to limit her studies to part time.

Since its inception in 2006, the UCCB has been providing \$2.6 billion annually to 1.5 mil-

lion Canadian families. The federal government also provides a 25 per cent tax credit for businesses that create new childcare spaces.

Still, some parents say childcare is still unaffordable and space is scarce.

Protester Diane O'Neill approached the minister after her speech and asked when she could expect universal funding for childcare to support families.

"That would be up to the provincial government," said Finley. "I suggest you ask the McGuinty government that question because it's his government."

But Shellie Bird, co-ordinator for Code Blue for Child Care, thinks it's up to the federal government to work with the provinces to make day care more affordable for parents.

"The province can't do it alone," said Bird. "The McGuinty government is moving on full-day learning ... and they are really trying to address genuine need in the province of Ontario, but the reality is they can't do it themselves."



► Diane O'Neill, right, confronts Minister Diane Finley, left, at a press conference in Barrhaven yesterday.

JOE LOFARO/METRO

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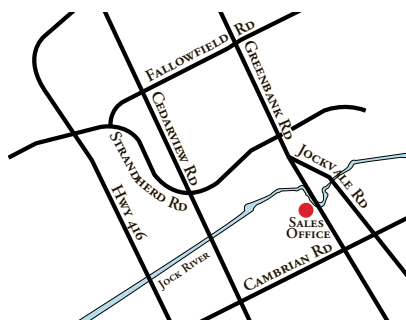
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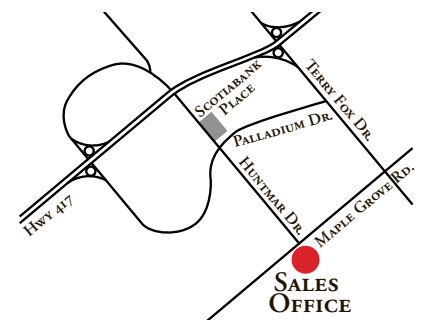
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Singer finds her own path

► Some compare MacKenzie Porter to her famous sibling, but she takes it 'with a grain of salt'

AMEN JAFRI
OTTAWA@METRONEWS.CA

The first artist in the Capital Hoedown lineup has played for crowds of 10,000 and opened for country star Kenny Chesney, but entering Canadian Idol "would be a lot of pressure," MacKenzie Porter said during a break in rehearsals Tuesday in Calgary.

"The thought has entered my mind many times," she said. "But people would constantly compare Kalan and I," she said, referring to her older brother and 2004 winner of the singing competition.

At Lebreton Flats today, she is opening again for Chesney, as well as Tara Oram and Doc Walker.

It's been a year since Porter began performing solo, though she is no stranger to the stage. Raised on a cattle and bison ranch

near Medicine Hat, Alta., she's studied piano, violin and voice for 17 years and toured with Kalan.

After moving to Vancouver to pursue an acting career, she met and partnered up with fellow musician and actor Andrew Jenkins to form the band The Black Boots.

Now she fronts her own band, which is "nerve-racking and exciting," she said.

"The last two shows were bigger than I could've imagined," she said.

Porter has been on an upward swing since a young age, both in music and in film. She won a role in the television series Dinopapieni in 2006 and was recently named one of TV Week's Top 11 Vancouver Actors in 2011.

After her performance at Capital Hoedown she plans to spend a few days in Ottawa relaxing with family.



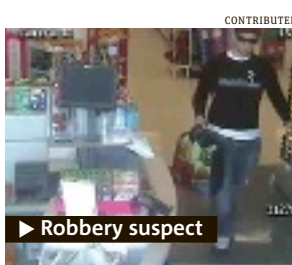
► MacKenzie Porter, the opening artist in Capital Hoedown, poses for a photo with her violin in hand.

Police looking for suspect in OxyContin robbery

Police are looking for a male suspect in connection with an armed robbery that happened at a pharmacy in the 400 block of Hazeldean Road Monday. Police said the lone male entered the store and demanded OxyContin.

The suspect is described

as being a white male, in his mid-20s, approximately five-foot-seven and weighing 180 pounds. Anyone with information is asked to contact the Ottawa Police Robbery Unit at 613-236-1222 ext. 5116, or Crime Stoppers at 613-233-8477 (TIPS). ● METRO



► Robbery suspect

News in brief

DQ holds its charity event

BLIZZARD. Canadian athletes will be at the Dairy Queen on Marketplace Avenue in Barrhaven today to support the ninth annual Dairy Queen Miracle Treat Day.

● JOE LOFARO

Man arrested after holdup

VEHICLE. A pawn shop owner was held up at gunpoint at his store on Center Street yesterday evening as he was closing up for the night. A witness said about a dozen cops surrounded the shop with their guns aimed at the entrance before they later arrested the male suspect who was locked inside by the owner. ● JOE LOFARO

Although Canada faces risks among global economic volatility, Jim Flaherty says he still plans balanced budget by 2014. Video at metronews.ca

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His commute inspired e-book

▶ Ottawa author and one-time crime reporter has close to two million books in print in 17 countries



STEVE COLLINS
OTTAWA@METRONews.CA

On his OC Transpo commute, Rick Mofina found inspiration for a tale of mayhem.

"You tend to see the same crowd on the bus," the Ottawa thriller writer said, "And there was this woman who just struck me as being deep in thought and kind of sad and I just thought well, I'll just make up a life for her — what is she carrying in that bag, maybe."

The resulting story, *As Long As We Both Shall Live*, was short-listed for an Arthur Ellis crime fic-



▶ Rick Mofina

tion award, and appears in Mofina's new anthology, *Dangerous Women & Desperate Men*.

The four-story collection is being released Sept. 1 exclusively as an e-book,

a first for Mofina.

"We're in the midst of a technological revolution," he said. "I think it really started last Christmas when everyone got e-readers and started using them."

Though he owns two e-readers, Mofina said he still mostly reads old-fashioned books, and he'll follow this all-digital experiment with a new paperback offering, *The Burning Edge*, after Christmas.

"I see it as a chance to look at both formats and do my best in both," he said. "The bottom line, though, is story, and these are pretty good stories."



Mayoral. Putt

▶ Mayor Jim Watson lines up a putt at the 11th Annual Mayor's Charity Golf Classic yesterday at Cedarhill Golf and Country Club.

AMEN JAFRI/FOR METRO

Golfing for the youth

Heavy downpour began yesterday just as golfers sped away in their carts to their courses. All proceeds go to Child and Youth Friendly Ottawa.

Don't miss the bus

The bus you used to take might not come to your stop after Sept. 3, so you'd better "check your route."

OC Transpo launched the "Check Your Route" campaign yesterday to remind riders that as of Sept. 4, some bus routes and schedules in different parts of the city will be changed as part of OC Transpo's Network Optimization Plan.

Some bus routes will be combined, many bus route numbers will change, and hours of operation on some streets will be reduced as part of the plan.

You can check your route at CheckYourRoute.ca or OCTranspo.com. ● METRO

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888 Meadowlands Dr (Meadowlands and Prince of Wales Dr)
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2446 Bank St Unit 103 (Towngate Shopping Centre)

Traveller's spirit and Scotiabank support help Shanghai native start Canadian journey

As the operator of a Shanghai travel agency, Yuxiang Zhang had a love of travel that he put to the test when he decided to move to Canada. But when he faced worries about this colossal trip, he discovered how Scotiabank's multinational team and services can provide a smooth landing. Mr. Zhang's personal journey began after he visited Becky, his only daughter, who had immigrated to Canada in 1999. Seeing how she was enjoying her life in a friendly, multicultural country, he decided to become a family class immigrant.

"I was excited to join my daughter, but I was also unsure about the details, such as how would I move forward without speaking English?" says Mr. Zhang, who also wondered about practical issues such as the process to transfer money to a Canadian bank.

Fortunately, Becky convinced him to attend an immigration seminar in Shanghai, hosted by Scotiabank and The Cross-Cultural Community Services Association, where Bank officials answered every question, ranging from the Canadian job market to government services. He also learned about the **Scotiabank StartRight**[®] Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of VISA[®] card options³ and a number of other customized services and benefits.

"Before the seminar, I was very worried, but afterwards I felt relieved, and it gave me the courage to move forward," recounts Mr. Zhang, who arranged for his Canadian and U.S. dollar bank accounts with Scotiabank, and applied for a credit card, while still in Shanghai, through the Bank's partnership with China Everbright Bank.

After landing in Toronto in late 2009, Mr. Zhang went alone to the Scotiabank branch at the Steeles & Silverstar location to activate his accounts. Speaking only Mandarin and Russian, he wasn't sure how things would go. Luckily, he was greeted by Isa Ho, Branch Manager, and her multilingual staff. "Surprisingly, it went well, and my accounts and debit card were ready, and my VISA[®] card came within a week," marvels Mr. Zhang.

Isa, a Canadian immigrant who speaks both Cantonese and Mandarin, is well prepared to serve newcomers. She often calls them long distance before they move, to help them prepare. "I tell them about banking options and what are the best schools for their kids," says Isa, a 31-year veteran of Scotiabank, who still remembers seeing donuts for the first time when she arrived. "When they get here, we answer their questions about Canadian customs, and explain about banking in Canada. Also, since many newcomers want to buy

a home, we educate them on Canadian mortgages and how to avoid credit mistakes."

Today, Mr. Zhang is enjoying life in Canada, studying English and preparing to start a tour business for both Chinese and Canadian travellers. During an upcoming visit to China, he will tell others about the opportunities in Canada and "the friendly, open and trustworthy service I experience at Scotiabank."

That's good news for Isa Ho who teaches her Scotiabank team to "Welcome every newcomer with a smile, speak their language, and serve them with our hearts."

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AMEN JAFRI/FOR METRO



► Raage Haji Mohamed stands on the sidewalk of Carling Avenue in his Ottawa neighbourhood. This fall, he will return to his native Somalia to help form a government in an area currently under militant rule.

Somalia's cry for leadership

► Azania is a hostile and unstable area of Somalia, says future member of regional government ► Ottawan headed to his home country to help



AMEN JAFRI
OTTAWA@METRONEWS.CA

When Raage Haji Mohamed received the call to return to his native Somalia — a country he has scarcely visited since he left 20 years ago — he answered.

Mohamed, an Ottawa resident, is one of 40 deputies nominated by his

clan to work in the regional government of Azania, an area currently under militant rule.

As the place of his ancestors, Azania means a lot to him. But he also decided to go because "most of my time in my career, I try to help others," he said.

Since he arrived in Ottawa as a 23-year-old

refugee in 1991, Mohamed has been active in the Somali community. He was director at the Somali Centre for Youth, Women and Community Development for three years. He also travelled to Ethiopia in 1999 and 2000, through Oxfam GB, to work with the Somali groups there.

Mohamed is not sure

when he will return to Ottawa, though he will visit periodically to see his two children. "I've made a commitment to see it through," he said. He leaves in September and is optimistic.

"The risk is big. There are challenges ahead. It can be done, though. And I have a good feeling about it. It will work out."

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[†]Minimum purchase of \$50 or more before taxes, after discounts and exclusions in a single transaction. One offer per applicable transaction only. This offer cannot be used in conjunction with any other store wide bonus offer. Offer subjected to change without notice. Offer applies to total base reward miles earned. AIR MILES Base and Bonus offers exclude prescriptions, products containing codeine, postal service, stamps, Gift Card Express, Rexall Pharma Plus Gift Cards, lottery, transit tickets and taxes. Offer valid at participating Rexall™ and Rexall™ Pharma Plus locations only in the province of Ontario, excluding the region of Thunder Bay. ^{††}Offer valid August 13-14, 2011 at participating RONA stores and its other banners in Ontario only. Minimum purchase of \$80 required in a single transaction excluding taxes and the purchase of gift cards. Bonus offer coupon must be presented at time of purchase. Limit of one coupon per visit, per Collector Account, per day. Cannot be combined with any other offer, with the exception of Bonus offers on products. No cash value. Offer not applicable to purchases charged to store accounts and cannot be combined with certain offers to commercial clients. Bonus offer applies to the total base reward miles earned on qualifying purchase amount or amount paid as a deposit on special order. Some conditions apply. Details in-store. Credit card offer subject to Desjardins Card Services credit approval. Offer valid only on qualifying purchase amount charged to the RONA credit card in a single transaction or on the first in-store transaction the day you apply for the RONA credit card. [‡]Offer valid until October 2, 2011 at participating Shell locations. Minimum \$40 fuel purchase required. Minimum \$10 in-store purchase excluding tax is required per transaction to earn 10x offer. Minimum \$5 in-store purchase excluding tax is required per transaction to earn 5x offer. One Bonus offer per transaction. Tobacco products, car wash and service bay repairs are not eligible. Maximum number of Bonus reward miles awarded per transaction is 290. ^{‡‡}Bonus AIR MILES offer is valid August 12-14, 2011 at participating Ontario locations in Canada when you present your Collector Card at time of purchase. No coupon required. Not valid for online purchases made at thechildrensplace.ca. Offer valid for purchase of \$60 or more in a single transaction, net of refunds and exclusive of taxes, discounts, and gift card purchases. Offer applies to total base reward miles earned. Offer cannot be combined with any other AIR MILES Bonus offer. ^{®™}Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor trademarks are owned by the respective Sponsors or authorized for their use in Canada.

Robbed — by callous ‘Good Samaritans’

The video has become synonymous with London's rioting: A young man, bleeding and dazed from a mugging, is helped from the ground by youths — who promptly unzip his backpack and callously make off with its contents.

But who is he?

The young man is 20-

year-old Malaysian accounting student Mohammad Asyraf Haziq, who was cycling with a friend in east London on Monday to a gathering to break his Ramadan fast, said friend Dzuhaire Hanafiah.

The details are as chilling as the video. First, about 20 teens and pre-teens surrounded him.

Then they grabbed his bike, took his cellphone and broke his jaw, Hanafiah said yesterday.

"The next thing he remembered, his mouth was full of blood," said Hanafiah, a member of the London Umno club, a society for Malaysian students.

The video of the attack

on Haziq went viral and has become one of the most memorable scenes from four days of unrest.

Hanafiah said Haziq was helped by a local woman who brought him into her home. Using Facebook, she helped him contact a friend. Finally, he got to a hospital.

THE ASSOCIATED PRESS



► In this image from an amateur video, a gang of youths surround Mohammad Asyraf Haziq.

PM won't bow to 'culture of fear'

► Britain's Cameron warns rioters he'll fight: 'Nothing is off the table'

Britain's prime minister hammered out a tough line against rioters yesterday.

David Cameron promised not to let a "culture of fear" take hold.

"We needed a fightback and a fightback is underway," Cameron said in a sombre TV statement outside his Downing Street office after a meeting of the country's crisis committee.

And he warned "nothing is off the table" — including a water cannon, used in Northern Ireland but never deployed in mainland Britain.

Cameron has recalled parliament from its summer recess for an emergency debate today.

Four days of riots and looting across the nation have both outraged and frightened citizens.

LONDON: An eerie calm prevailed yesterday as thousands of extra police flooded the streets.

Scenes of ransacked

805
The number of arrests so far in London. Courts are being staffed around the clock to process looters, vandals and thieves — including one aged 11.

stores, torched cars and blackened buildings marked the capital.

BIRMINGHAM: Police launched a murder investigation into the deaths of three men hit by a car.

Residents said the dead men, aged 21 to 31, were members of the South Asian community who had been patrolling their neighbourhood to keep it safe from looters.

"They lost their lives for other people, doing the job of police," said witness Mohammed Shakiel, 34. "They weren't standing outside a mosque, temple, synagogue or church —



► Tariq Jahan holds a picture of his son Haroon Jahan, who died after being knocked down by a car along with two other men while protecting their community from looters.

they were standing outside shops where everybody goes.

"They were protecting

the community."

LIVERPOOL: Local Premier League rivals Liverpool and Everton issued a

joint appeal yesterday for the violence in the north-east city to end.

THE ASSOCIATED PRESS

Muslims urged to launch web war

Militant online forums are abuzz with calls to Muslims in Britain to launch Internet campaigns in support of the British rioters and to urge them to topple the government.

Dozens of contributors yesterday suggested Muslims in Britain should flood social media websites such as Facebook and Twitter with slogans and writings inciting the British youth to continue rioting.

One contributor says the rioters should adopt slogans similar to those used by Arab protesters during the uprisings in the Middle East this year.

One contributor says "chaos is useful to militants in London."

THE ASSOCIATED PRESS

Norway killer convincing police he's a loner

Anders Behring Breivik was a loner, investigators increasingly believe.

The man who confessed to killing 77 people in last month's attacks in Norway planned and committed them on his own, a prosecutor said yesterday.

Breivik detonated a bomb outside government buildings in Oslo on July 22, killing eight people.

Then he shot dead 69 others at a youth camp on an island outside the capital.

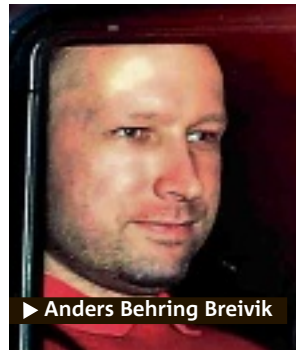
There was initial speculation that others were involved in the attack.

But prosecutor Christian Hatlo said that after 40 hours of questioning, police are fairly certain Breivik acted alone and that he appears to be telling the truth.

Hatlo said police have been able to verify much of what Breivik told them about the attacks, and they had not discovered "any direct lie, yet."

"That is also why we, with a certain confidence, can say that he was alone, but I have to emphasize that we have not concluded yet," Hatlo said.

THE ASSOCIATED PRESS



► Anders Behring Breivik

News in brief

Radical group behind bombs?

MEXICO CITY. An anti-technology group has issued a manifesto claiming responsibility for at least two bombings that injured two professors in Mexico and praising the so-called Unabomber whose mail-bombs killed

three and injured 23 in the United States.

THE ASSOCIATED PRESS

Cocaine a bolt from the blue

BUENOS AIRES. Customs officials say a man with a box of metal bolts in his baggage tried to board a flight to South Africa. Agents found the hollowed-out bolts hid 45 pounds of cocaine.

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MYANMAR

Senators: Rape used as weapon

A group of women senators in the U.S. say Myanmar's military is using rape as a weapon of war in its conflicts against ethnic minority militias.

The 13 senators urged U.S. Secretary of State Hillary Rodham Clinton in a letter yesterday to support establishment

of an international commission of inquiry into war crimes in the Asian nation.

They cited reports that 18 ethnic Kachin women and girls were gang-raped by Myanmar soldiers during recent fighting that ended a 17-year ceasefire with Kachin forces.

The bipartisan group of senators expressed solidarity with democracy leader Aung San Suu Kyi, who has also voiced concern over the use of rape by Myanmar forces.

THE ASSOCIATED PRESS

Slave Lake aid lands in dump

A Calgary garbage hauler says he was sickened when he found a truckload of items marked for Alberta wildfire evacuees at a city landfill this week.

Nielsen, who owns DumpRunner Waste Systems, says the boxes were clearly marked for donation to relief efforts in Slave Lake, Alta., where fires ear-

What a waste

The driver said there were video games, children's clothing still on the store hangers, a crib, coats and new blankets.

lier this year left hundreds of people homeless.

THE CANADIAN PRESS

Families get cash after morgue error

An Ohio county will pay more than \$68,000 to families whose dead children got mixed up by the morgue, which resulted in the wrong one being cremated.

THE ASSOCIATED PRESS

Hawk flies back into the wild

A red-tail hawk that fought to stay alive after being burned by a methane flare at an Edmonton landfill site last year was released back into the wild yesterday.

● NANCY GORDY IN EDMONTON

Desperation escalates in northern Kenya

- Mothers of malnourished children tussle in hospital queue
- Number of kids being treated for acute malnutrition triples

The two mothers exchanged blows as they held their wailing infants in their arms after one of the women tried to cut in the long line for children waiting to receive treatment for severe malnutrition.

The women faced off a second time after passing their children to onlookers amid the melee: The younger woman head-butted the other to the ground before hospital personnel intervened.

"She ordered me to move after she cut the line and I have been here since dawn. I could not let her," said one of the women who only identified herself as Chipure.

The incident at the Kakuma Mission Hospital illustrates the growing desperation in northern Kenya, as a famine in neighbouring Somalia that has killed tens of thousands draws an international aid effort. At least five people are reported to have died here in Kenya's Turkana region, one of the most remote and marginalized areas in the country, where people depend on herds of animals that are dying from the drought.

According to the UN children's agency, a little more than half of the pop-



► Relatives of Ibrahim Shegow of southern Somalia watch as he lowers the body of his seven-month-old boy into a grave in a refugee camp in Mogadishu, Somalia, yesterday. Somalia's desperation is spreading to neighbouring Kenya.

ulation here consumes just one meal a day. The hunger crisis is so bad that families here are even sharing food supplements given to infants.

The temperature here can hit 40 degrees Celsius, and 20 litres of water costs a third of John Ekidor's daily wage.

"The last time I took a bath was a week ago," said Ekidor, 33, who supports his family of eight by panning for gold. "Eating one meal a day is now a matter of chance."

THE ASSOCIATED PRESS

A flood of droughts

Droughts are common in Kenya, but over the last decade they have become much more frequent. Before they occurred in five- or 10-year cycles but now they are coming every two years — or even more often.

Dr. Joseph Epem, the medical officer in

charge of the largest government hospital in the region, says cattle rustling and border conflicts have also forced people living in areas where food can be grown to move to safer areas that are infertile.

He says his own family was forced to move from a fertile area near a river where they used to grow crops after their neighbour was killed.

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She's happy to pay love's price

► Noblewoman wants to wed her beau ► Her kids don't approve, so she's given them her fortune

It's the stuff of a soap opera starring European nobles.

At the age of 85, one of Spain's richest and most title-laden women wants to wed a civil servant young enough to be her son.

To placate her six wary children, she has signed over to them palatial chunks of her wealth.

She's a distant relative of Britain's Queen Elizabeth and Winston Churchill, and you have to take a deep breath just to pronounce her name: Maria del Rosario Cayetana Alfonsa Victoria Eugenia Francisca Fitz-James Stuart y de Silva.

The twice-married matriarch's supreme title is Duchess of Alba, but she has more than 40 others.

Her 60-year-old beau is a man named Alfonso Diez who works for the Spanish social security administration.

The Duchess of Alba said in a rare radio interview that she wanted to marry Diez but her children — five men and a woman — were against it.

She denied any suggestion Diez was a gold-digger.

"Alfonso does not want anything. He has re-



► Sharing a love story: The Duchess of Alba and her beau, Alfonso Diez.

500

For now, the duchess will retain control of the fortune of the 500-year-old House of Alba.

The divvying up of most of the vast family pie appears to have appeased her children at least somewhat.

Her youngest son, Cayetano Martinez de Irujo, 48, said of his mother's desire to marry Diez: "We have found the solution for her to be able to do it."

He said he and his siblings remained unenthused, however, about the idea of nuptials.

"I absolutely accept their relationship, if it is what they say it is," Martinez del Irujo said, but insisted they should not wed.

THE ASSOCIATED PRESS

nounced everything. All he wants is me."

Last month the duchess and her children went to a notary in Madrid and she registered them to be owners of palaces, castles and other property around Spain upon her death, according to widespread Spanish press reports.

China. Call it a coverup



► Look closely: You can just make out the outline of Chinese artist Liu Bolin in the main photo and inset. He's being painted in Beijing so he blends in with row of drinks. It's his way of protesting against the use of additives in food and drink.

Spot the artist as a protester: Food additives worry him...



THE ASSOCIATED PRESS

Child porn on ministry computer

A man employed at provincial police headquarters in Orillia has pleaded guilty to accessing and possessing child pornography using a government computer.

Richard Cook, 53,

worked for more than 15 years in fleet and supply services with the Ministry of Community Safety and Correctional Services.

Court heard that Cook was arrested in May 2010, after the government did a

scan to detect computer users who were bypassing normal security measures.

The Penetanguishene man pleaded guilty.

He will be sentenced Oct. 11.

THE CANADIAN PRESS

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HURRICANE SEASON

Canada will send help to Jamaica

Canada is sending three helicopters and 65 military staff to Jamaica to help out during what is expected to be a rough hurricane season.

Defence Minister Peter MacKay says the military will assist with search and rescue during the season,

which lasts through November.

The announcement at CFB Trenton yesterday follows a request from the Jamaican government.

Forecasters say high ocean temperatures and atmospheric conditions point to an above-average storm season in the Caribbean.

The U.S. National Oceanic and Atmospheric Administration is predicting seven to 10 hurricanes.

THE CANADIAN PRESS

U.S. hits Syria with sanctions

Ratcheting up the pressure, the Obama administration slapped sanctions yesterday on Syria's largest commercial bank and cellphone operator as it moved to demand the end of four decades of dictatorship under the Assad family.

The Treasury Department added the state-owned Commercial Bank of Syria and its Lebanon-based subsidiary, the Syrian Lebanese Commercial Bank, to its sanctions list, citing their links to human rights abuses and to illegal weapons trade with North Korea. Mobile phone company Syriatel was targeted because it is controlled by "one of the regime's most

"We are taking aim at the financial infrastructure that is helping provide support to Assad and his regime's illicit activities."

— DAVID COHEN, U.S. TREASURY DEPARTMENT

corrupt insiders," said David Cohen, the department's undersecretary for terrorism and financial intelligence.

The action freezes any assets the firms have in U.S. jurisdictions and bans Americans from doing business with them.

THE ASSOCIATED PRESS

Gadhafi's 'dead' son appears on Libyan TV

LIBYAN TV/THE ASSOCIATED PRESS



► This video image broadcast yesterday by Libyan TV purports to show Moammar Gadhafi's youngest son Khamis Gadhafi, left. **الجنرال الجديد**
على أرواح شهيدك الوطن

► Rebels claim commander was killed in a NATO airstrike last week

Libyan state television broadcast images yesterday of a man it said was Moammar Gadhafi's youngest son in an attempt to refute rebel claims that he had been killed in a NATO airstrike.

Rebels claimed on Friday that 27-year-old Khamis Gadhafi, who commands one of the best trained and equipped units in the Libyan military, was killed in the western front-line town of Zlitan. The regime dismissed the claim and said the rebels were only trying to deflect attention from the killing last week of the opposition's military commander, possibly by other rebels.

The images on television showed the son at a Tripoli hospital visiting people wounded in a NATO airstrike and said it was on Tuesday. If genuine, it would be the first time he has been seen in public since the reports of his death.

State television also showed funerals for dozens of civilians it said had died in another NATO airstrike

A revolt stalled

► The Libyan revolt that began in February has sunk into a deep stalemate in the past few months, with the rebels holding on to most of the eastern half of the country that they captured early on and Gadhafi's regime controlling most of the west. Neither side has been able to tip the balance into an outright victory, even with months of NATO airstrikes pounding regime targets.

on Tuesday in Zlitan, a main front for the rebels fighting Gadhafi's troops. It is about 140 kilometres southeast of Tripoli.

The channel has been airing images in black and white to honour a three-day mourning period for the 85 people the government said lost their lives in Zlitan.

More than 200 people gathered around about 40 coffins set on the ground in a cemetery under the shadows of palm trees.

THE ASSOCIATED PRESS

EU expands penalties

In other developments, the European Union said it was adding two more Libyan businesses to its list of companies and individuals targeted by sanctions. A statement said the two firms would be named today in the EU's official journal.

So far, the 27-nation bloc has frozen the funds of six port authorities, 49 state-run companies and 39 individuals "involved in the serious human rights abuses in Libya."

The 39 individuals, who include Moammar Gadhafi and several of his family members, are also banned from travelling to the bloc.

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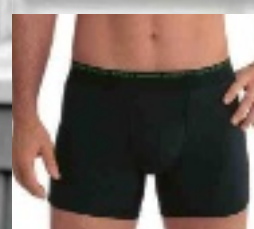
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Full speed ahead on spending cuts: Flaherty

► 'We will stay the course. We will stay on track,' Finance Minister says of plans to balance budget by '14-'15 ► But concedes economy faces risks

Canada's economy remains stable and growing despite volatile global markets, but the uncertainty poses risks for the country, Finance Minister Jim Flaherty says.

However, Flaherty said yesterday that he will stick with his plan to balance the government books by 2014-15 in part by finding \$4 billion in annual savings in spending.

"In an uncertain global economic situation one of the strategic contributions that the government can make to bolster confidence and growth in Canada is to maintain our strong financial and fiscal position," he said.

Flaherty said U.S. and European difficulties have not prevented the Canadian economy from performing "relatively well."

"Our focus is on creating the right conditions for more jobs and stronger economic growth," he said.

The comments follow several days of market upheaval that has seen the Toronto stock market drop sharply.

Peggy Nash, the NDP finance critic, said Flaherty isn't doing enough to cushion the economy from another slump. "What we



► Finance Minister Jim Flaherty talks to reporters yesterday as he arrives at his fifth annual summer policy retreat in Wakefield, Que.

SEAN KILPATRICK/THE CANADIAN PRESS

would have liked to have seen was a little more flexibility on the part of the minister," she said.

"We know that the government has a plan in terms of cutting public spending and deficit reduction, but what we don't need right now is rigidity or even an ideological approach to our finances."

Nash said Flaherty should be looking at infrastructure spending as a way of stabilizing the economy. **THE CANADIAN PRESS**

Mood swing

- The mood of business leaders has slipped due to their less optimistic outlook for the Canadian economy, the Conference Board of Canada said yesterday.
- The business confidence index, compiled during the last three weeks of June, stood at 103.7, down from 106.2 last quarter and

109.5 in the fourth quarter of 2010.

- The Conference Board said business leaders remained generally positive on their financial position and profitability, but predictions about the Canadian economy had worsened.
- Just 30.9 per cent believed economic conditions will improve in the next six months, down from 40.6 per cent last quarter.

Human-rights critics are phonies: PM

Critics of free trade with Colombia who talk about human rights abuses are really more concerned about protectionism, Stephen Harper claims.

That was the prime minister's blunt message yesterday as he stood beside his Colombian counterpart, President Manuel Santos, on the eve of a historic free-trade deal.

"We can't block the progress of a country like this for protectionist reasons," Harper said at the presidential palace in Bogota. "That's why we have

made this a priority to get this deal done."

The NDP opposed the agreement in 2008 and tried to block the deal. It takes effect Monday.

Harper said Colombia has come a long way, and the country's past should not get in the way of trade.

"I think there are protectionist forces in our country and in the United States that don't care about development and prosperity in this part of the world," he said. "And that's unfortunate."

Harper acknowledged



► Prime Minister Stephen Harper and Colombian President Manuel Santos talk trade yesterday in Bogota.

Canadian companies that operate in Colombia still face significant risks. A weekend attack on a Cana-

dian oilfield raised fresh concerns about the country's tenuous grip on security. **THE CANADIAN PRESS**

Assange assailed in Kindle e-book

PETER MACDIARMID/GETTY IMAGES

A British journalist's inside take on WikiLeaks founder Julian Assange will be published in the U.S. as an e-book "single."

Digital publisher RosettaBooks says Heather Brooke's *Assange Agonistes* can be downloaded for \$1.99 US through Amazon.com's Kindle Single program.

The e-book is a first-person narrative of Brooke's disillusionment with Assange, whom she initially admired as a "warrior



► Julian Assange in London last month.

for freedom," but later decided was "unsettlingly, even bafflingly, unaware of any notion of personal boundaries."

THE ASSOCIATED PRESS

CHANGING THE CHANNEL

Viewers hang up on pay TV

The weak U.S. economy is hitting Americans where they spend a lot of their free time: They're cancelling or forgoing cable and satellite TV subscriptions in record numbers.

In a tally by the Associated Press, eight of the nine largest pay-TV providers in the U.S. lost

195,700 subscribers in the April-to-June quarter. That's the first quarterly loss for the group, which serves about 70 per cent of households. The loss amounts to 0.2 per cent of their 83.2 million video subscribers.

The chief cause appears to be persistently high unemployment and a housing market that has many people living with their parents, reducing the need for a separate cable bill.

But it's also possible people are turning to cheap Internet video.

THE ASSOCIATED PRESS

Reality bites Wall Street again

Wall Street focused on the uncertain global economy and sold off yesterday, wiping out the big gains from a day before and then some. The selling was intensified by worries about European debt.





The Dow Jones industrial average lost 519.83 points to close at 10,719.94, down 4.6 per cent for the day. By points, it was the ninth-steepest decline for the market. The Dow has lost more than

2,000 points in less than three weeks.

On Tuesday, the markets rallied after the U.S. Federal Reserve said it planned to keep interest rates ultra-low for two more years. But the news proved to be a distraction. The Fed made the pledge because it sees almost no chance that the economy will improve much by 2013, and when investors focused on that, they dumped stocks again.

THE ASSOCIATED PRESS

Market moment

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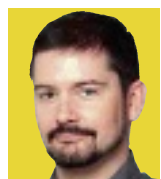


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WHAT TO SAY WHEN DEATH IS STARING AT YOU

HE SAYS ...

JOHN MAZEROLLE
METRO



As The Guy Who Almost Died, I have important lessons to teach you about life and death.

First, it's never a good situation when you're hoping for phlegm.

That's what I'm doing as I write this in an ER, hoping that my dry cough will change to something grosser — something a teenage boy eating Oreos would be proud to expectorate.

I have a blood disorder that nearly killed me several years ago, and the only persistent symptom was a dry cough. It brought to mind those Hollywood roles in which blonds supposedly on death's door cough tasteful amounts of blood into a white kerchief.

But eventually my symptoms progressed to waking up under my desk thinking, "This isn't good." If you develop the keen medical eye I have, you'll come to recognize that as a bad sign.

With this background, I prefer coughs to be horrible phlegm-filled monstrosities, because then I know I have a cold. When I have a dry hack with no other symptoms, I start hiding my more embarrassing sex-related possessions and making sure I'm wearing clean underwear.

"It's like my hero, the sheep from Garfield, says: There are problems you can do something about, so why worry? And there are problems you can't do anything about, so why worry?"

As you can see, my Guy Who Almost Died wisdom runs deep. As such, I offer the following life lessons to save you the trouble of nearly dying. You're welcome.

Loved ones rock: People overplay how important it is to have a positive attitude when sick. It's

like the train jumped the tracks and everybody's talking about how brave you were when all you did was hold tight and say, 'Whoooooaaah.'

On the other hand, it made a big difference for me to see family and friends around me smiling and happy, as opposed to the doctor who (I swear) kept looking back and forth between me and the body bags.

Victimhood sucks: I joined a Facebook group for survivors of my condition, but it was mostly people talking about how they'd never live without fear again. What's the point?

It's like my hero, the sheep from Garfield, says: There are problems you can do something about, so why worry? And there are problems you can't do anything about, so why worry?

Love your body: People who look in the mirror and say, "I hate my body" because it's not perfect deserve a slap. People with, say, ALS can hate their bodies if they so choose.

You have to love yours. That's a rule.

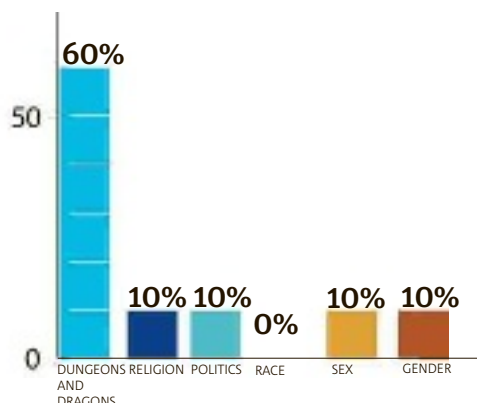
Even love the bad stuff. Especially the phlegm. Cough, cough, ahem.

Read more of John Mazerolle's columns at metronews.ca/hesays



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What taboo topics do you and your friends never talk about?



Worth Mentioning

TOMATOES. Any way you slice it, the tomato is one confusing comestible.

Is it a fruit or a vegetable? This is the kind of thing that can spark quite the argument, with both sides passionately supporting their claims. Oddly enough, both are right, at least according to the USDA's Economic Research Service. Yes, botanically speaking the tomato is a fruit, but horticulturally and legally it is considered a vegetable.

This debate has been adjudicated by none other than the U.S. Supreme Court. It happened in the late 19th century in connection with a challenge to tariffs on imported produce. The high court ruled that despite the botanical definition, tomatoes are a vegetable, in part because at the tables of the time they were served as "the principal part of the repast" and not as dessert.

No telling what the justices would have done in today's envelope-pushing culinary world of tomato jams and gelatos.

In the U.S., today's tomatoes are mainly tariff-free since those that aren't grown domestically are mostly imported from Mexico and Canada, which are covered by the NAFTA free trade zone.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Somebody has been eating her porridge...

A woman who turned her rural Northern California home into a spa for wild bears won't go to jail.

The San Francisco Chronicle reports that Lynne Gravier of Laytonville pleaded guilty Monday in Mendocino County to a misdemeanor charge of feeding big game.

However, prosecutors agreed to drop the charge in three years if Gravier agrees to stop her bear feeding.

Gravier says she's glad it's over.

The 77-year-old woman set out a wading pool and bought thousands of pounds of food to feed her guests with corn meal and peanut butter sandwiches.

Neighbours complained that the bears killed livestock and broke into homes.

Last year, authorities found 15 black bears at Gravier's home. The filthy house was condemned, and Gravier now lives elsewhere.

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2 scene

News in brief



Alec Baldwin says he's thinking of running for mayor of New York, but not until he learns more about the job. The 30 Rock actor tells The New York Times he'll sit out 2013 but will consider running in a later election.

THE ASSOCIATED PRESS



Reality show star's lawyer says Teen Mom 2 drug test led to probation violation charge

'100 per cent country music'

► Second annual Capital Hoedown kicks off tonight ► Some of the biggest names in country performing

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



A new annual festival is making a huge impression on Ottawa's

outdoor concert scene, serving up the biggest names in country over the course of a huge three-day hoedown — Capital Hoedown to be exact.

"It's strictly one genre of music. It's 100 per cent country music," says the CEO of Concert International, Denis Benoit.

Kenny Chesney, Miranda Lambert, Rascal Flatts and Mrs. Fisher herself, Carrie Underwood, are all slated to perform at Capital Hoedown this weekend.

And, an up-and-coming Canadian duo is bound to turn a few heads as well. Classically trained twin sisters Jolene and Sharlene Keats, known as The Keats, are about to release their second country album.

Both have music degrees in the classical genre but the siblings were always big fans of country music.

"I'll tell you what happened," says Jolene with a laugh. "We grew up in a really isolated town in

Veggies galore

National Capital Vegetarian Association Summer BBQ & Potluck

► When: Sunday 11:30 a.m. to 3 p.m.

► Where: Vincent Massey Park (Heron @ Riverside).

► Price: \$3 for adults, free for kids.

Are you vegetarian or vegan or maybe you're just interested in veggie cuisine? Check out the National Capital Vegetarian Association's BBQ and potluck this weekend. The first 100 people who show up will get a free veggie dog or burger. You're also asked to bring a vegan dish to include in the potluck. That means no meat, dairy, eggs or honey. If you're looking for more info, go to ncva.ca.

Newfoundland called Gambo. We didn't have the luxuries in life that some other kids had. We didn't have cable. One day, when we were 11 or 12, we had 13 channels and one of those channels was CMT (Country Music Television)."

She admits that the twins even distinctly remember seeing their first Martina McBride video.

"We would just memorize the words to the songs we loved and act them out.



► Halifax-based duo The Keats will perform at Capital Hoedown this weekend.

We would sit there all day and wait for the next Martina McBride video to come on."

Later on in life, even after all of their classical training, the siblings found themselves compelled to break into country music.

"It's just something we always loved," Jolene explains. "Even though we excelled at the classical stuff, we just loved writing country songs and singing

them."

Jolene says they're looking forward to performing those songs for an enormous crowd of country music lovers when The Keats hit the stage at Capital Hoedown on Saturday afternoon.

"We are country fans ourselves," she beams.

"We know what they came for — an experience and want to connect with a song. We feel like we're performing for our

friends."

No doubt, this will be one enormous group of friends.

Festival CEO Benoit is expecting 25-to-30,000 music fans a day at Capital Hoedown, saying people from all over will be making the trip to attend one of the biggest country music festival in Canada.

Benoit proclaims, "If you're a country fan, you have to go to Capital Hoedown."

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Getting closer to Glee cast

► Stars of the musical hit show talk about the challenges of doing a live concert movie ► And in 3D no less

NED EHRBAR
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METRO WORLD NEWS IN LOS ANGELES

For most television actors, the months between filming seasons of a show is a time for vacation or squeezing in film roles. For the Glee kids, not so much. Instead, they hit the road to tide their fans over until new episodes hit the air. And now the cast makes the jump to the big screen with Glee: the 3D Concert Movie, a best-of mix of their stadium tour that took them across the U.S. and to Europe during their summer off.

While the live tour isn't

a new thing for the Glee cast — they did the same last summer — the experience of playing to 20,000 fans a night isn't something they find easy to get used to.

"It is different because on a set it's closed off. I think crowds are a little more forgiving than your script supervisor," says Darren Criss, who plays Colfer's private school-attending boyfriend Blaine.

The concert film also features some cute backstage interviews with the cast, done as their on-screen characters — an acting exercise that proved more difficult for some, it turns out.



"It's hard. I definitely blew it a couple of times," Criss says.

In one particularly humorous moment, Michele's Rachel is told that her idol, Barbra Streisand, is in the audi-

ence that night, which renders her speechless.

Michele admits real life isn't that far off.

"I did get to meet her," she says. "I held it together and cried when she walked away."

Backstage interviews aside, Michele says keeping in character on tour wasn't a priority.

"Some of us onstage, if they wanted to really embody their characters, they did," she says. "I feel like I

did a nice blend of Rachel and of Lea while I was on stage performing. We are our characters, but when we walk off stage we are definitely ourselves."

Adapting their live show for the presence of cameras might have seemed like a challenge for the cast, but they say that during the two days the film crew was with them the bigger problem was remembering they were there.

"I kept seeing this woman who was walking backward backstage," Michele remembers. "Every time would walk toward her, she would start walking backward in front of me. I was like, 'This woman has lost her mind.' And then I realized she had a camera on the front of her and she was videotaping me walking."

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Meet the Material Girl 2.0

► Madonna's daughter takes bigger role in designing for their fashion line

Even though she's got her own fashion line, Lourdes Leon — better known to the masses as Lola, the daughter of Madonna — admits that she had a lot to learn when she first launched the Material Girl brand.

"It was really hard at first because I didn't know what I was doing," Lola, dressed in a tank top and jean cut-offs, said in a recent interview.

"I was like, 'You know, not a lot of people wear this. Let me just wear it.' It wasn't even that it looked good on me. I was just like, 'Let me do this because not a lot of people are doing it.' Now I feel like I can follow fashion a lot better than I used to, but also have some of my own take on it."

Her learning curve is understandable: After all, she's just 14. But she's al-

ready a fashion star with Material Girl, which is geared toward teens and sold at Macy's. The line, which she launched with her mother last year, is now branching out into cosmetics, undergarments and nail polish.

It's been a year since your clothing line launched. What have you learned about fashion over the past 12 months? I learned a lot of things that I shouldn't wear or do. Like don't wear white to school, because then stuff gets dirty really fast. I don't think you should wear shorts that are too small and I don't think you should wear shorts that are too big either because I find myself looking really awkward.

Your mom once said that the two of you don't always

agree on designs.

Absolutely. Every day. ... I will be like, "Mom, you can't wear that." Or she will be like, "Lola, you can't wear that." A lot of the time we don't listen to each other, but sometimes we do.

When it comes to designing Material Girl, who wins out?

Me. I have to tell her, "Mom, it is the in thing. This is what kids are doing now. If you don't do this, then it is going to suck." And then she usually gives in.

Do you go to your mom's closet for inspiration?

Her closet is huge. All the time. I am always in there and if no one knows where I am in the house, it is usually my mom's closet and I am usually taking something without asking her. She gets mad at me.

How does it feel to have a clothing line at such a young age?

It is really cool, and also it is a lot of fun to know that my friends enjoy it, and to know that a lot of people enjoy it because it is also a lot of what I like. My friends have great style. I go to an arts school, so a lot of them are really artistic and passionate about a lot of things that inspire what they wear.

Your line has expanded to include nail polish and undergarments. What is your ultimate vision for the collection?

I think it has continued to evolve and now it is at a point where we have so much stuff that I use and that I think other people will really enjoy using, so I like it.

THE ASSOCIATED PRESS



► Lourdes "Lola" Leon

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Angie, kids hide out in London

► Brangelina brood in city while Brad films World War Z ► Angelina nervous about this week's rioting, but has taken the children out

Angelina Jolie reportedly wasn't too happy staying in London while Brad Pitt films World War Z — and that was before this week's riots broke out.

"Angie was a little nervous, but felt safe," a source says.

The riots began amid anger over a fatal police shooting.

"She was really scared and worried about the safety of the kids, but, as the day has gone by, we've been able to get a clear picture on what's going on. She felt safe enough to take the children out. Of course, we are not going anywhere near central London."

The family is staying in the suburb of Richmond, while Pitt is currently shooting on the coast.

"Brad is worried," the source says.

"He's pretty safe because he's in Falmouth, but knowing Angie and the kids are in London is what's making him worried."

"He has been calling the house regularly, to make sure they are OK and calm."

● METRO



► Angelina Jolie and Brad Pitt

ALL PHOTOS GETTY IMAGES

Arnie's daughter dishes

Katherine Schwarzenegger, the 21-year-old daughter of Arnold Schwarzenegger and Maria Shriver, is opening up about the rocky year her family has had.

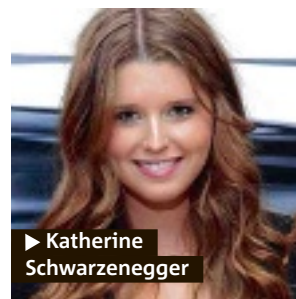
"When [the separation] started happening, it was like everything came from nowhere overnight," she

tells Harper's Bazaar.

"I would go out to lunch, and literally 20 people would come and scream at me."

"And I'm like, 'This is so inappropriate; you're trying to provoke me to have an attack and say something crazy.'"

● METRO



► Katherine Schwarzenegger

Hathaway still purring despite lacklustre catwoman debut

With the first image of her as Catwoman released from the set of the Dark Knight Rises, Anne Hathaway knows what people think.

Hathaway confronted MTV News about the pic during an interview this week.

"I asked someone to send me a few reactions," she says.

"And I happen to know

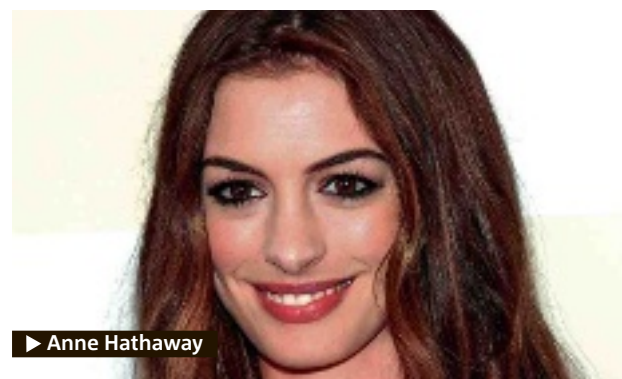
that MTV's reaction was 'meh.'"

But the actress isn't worried.

"What I am happy to say is, if you didn't like the photo, you only see about a 10th of what that suit can do," she says.

"And if you did like the photo, you have excellent taste," she said during the interview.

● METRO



► Anne Hathaway



► Jennifer Aniston

Aniston ready to settle down

Jennifer Aniston and boyfriend Justin Theroux are reportedly on the fast track to settling down together, according to Us Weekly.

"They have talked at length about getting married and starting a family," a source says of the pair, who are currently vacationing in Hawaii.

"She is anxious for the next phase of her life and feels like this is the time. They both want it to hap-

"She is anxious for the next phase of her life and feels like this is the time. They both want it to happen."

SOURCE CLOSE TO JENNIFER ANISTON

pen soon," the source added.

● METRO

Celebrity tweets



@eliroth

"U.S. credit got downgraded. Guess we're like the Associate Producer of superpowers now."

@rustyrocks



"My mum is on twitter. Is this good? Follow @mummyrusty we'll just have to hope it doesn't get weird."

@edgarwright



"I wonder if sharks have 'People Week'"

@SarahKSilverman



"I really think last year's gonna be my year."

Ronson faces DUI charges

Celebrity DJ Samantha Ronson has been charged with two misdemeanors for her DUI arrest earlier this month on the way back from Las Vegas, according to Reuters.

If convicted she faces up to six months in jail and a \$1,000 fine. ● METRO

More brat behaviour from Bieber

Justin Bieber is racking up more reports of bratty behaviour, this time making a scene on an airplane with his entourage, according to Hollyscoop.

The 17-year-old star and his posse reportedly wouldn't take their seats when asked. ● METRO

3 life

Winehouse fashion line



Fred Perry is proceeding with plans to release fashion collections from the late Amy Winehouse. The British label said it came to the decision "after much consideration". Fred Perry will release the fall-winter 2011 range and wholesale the spring-summer 2012 Amy Winehouse for Fred Perry Collection.

THE CANADIAN PRESS



Kate joins first ladies, other royals on Vanity Fair's jet-set fashion list

- Break out your high-heel pumps, your boldest lipstick or your best fedora
- Banana Republic and Mad Men are teaming up to bring retro polish to the modern workplace

The designers have gone Mad!

BANANA REPUBLIC/THE ASSOCIATED PRESS



► The Mad Men inspired collection features a colour palette dominated by sophisticated navys, reds and blacks.

BANANA REPUBLIC/THE ASSOCIATED PRESS



Mad Men has gone beyond a fashion fad. The AMC show about a 1960s ad agency — in which style is as important as the characters and plot — continues to influence runways and retailers with a branded collection debuting next week at Banana Republic.

The new clothing line also provides a temporary fix for Mad Men devotees awaiting the show's return in 2012. No new episodes of the show aired this year.

The clothes are sexy, and Joanna Coles, editor-in-chief of Marie Claire, says that's one of the things that really has resonated with both viewers and shoppers. The show gives us permission to dress to impress the

says Simon Kneen, creative director for Banana Republic. "It's about good tailoring, it's bon ton, and a little more buttoned up and polished."

But, he says, a key part of the collaboration between Banana Republic and the show's costume designer Janie Bryant was to be sure they weren't crafting costumes. The clothes are modern, with shapes and details adapted to a contemporary eye, Kneen explains.

Gone is the enhanced

"It's about good tailoring, it's bon ton, and a little more buttoned up and polished."

SIMON KNEEN, CREATIVE DIRECTOR FOR BANANA REPUBLIC

hourglass created with bust darts and high waistline, according to Bryant.

Fabrics have stretch and are more lightweight, and there is more consideration of comfort.

THE ASSOCIATED PRESS

BANANA REPUBLIC/THE ASSOCIATED PRESS



► Channeling Don Draper today, are we?

Media a la mode

Movies and TV are not uncommon inspiration for fashion designers.

- Vera Wang had her Deadwood collection, Anna Sui mined Doctor Dolittle and Tommy Hilfiger has tapped The Royal Tenenbaums more than once.

opposite sex — in fact it encourages it, she observes.

"Mad Men shows you how to look great in the workplace, and it shows you how to work it," Coles says.

It's the rare TV show that glamorizes the office and fills it with attractive people, she says: "When you look at something like The Office, no male executive wants to recreate the style of Steve Carell. No one

wears lipstick at Dunder Mifflin. Mad Men makes the office a more exciting place than it often is, and Banana Republic is trying to channel that."

Madison Avenue during that era was practically a catwalk with men in three-piece suits and fedoras, and women in sheaths and high-heel pumps carrying handle-top handbags.

It's a good look — and one that people look good in,

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Looking good while doing good

► TV personality Jessi Cruickshank gives back through Fashion with Love ► Designs shirt inspired by stay in Kenya



**ELIZABETH
BEDDALL**
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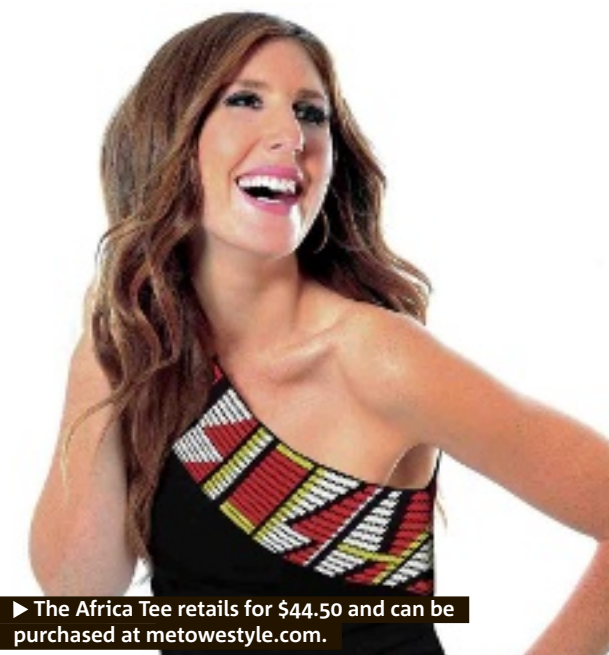
Inspired by a trip to rural Kenya in 2009, Jessi Cruickshank searched for a way to pay tribute to the family she stayed with, who were working hard to lift themselves and their community out of poverty.

Teaming with Free the Children (a charity organization that empowers youth to be active local and global citizens) and ethical-apparel organization Me To We Style, the fashionista found a way to say thank you by designing a shirt that is stylish, sustainable and most importantly, that serves a purpose.

When did this collaboration begin? The first shirt I created, three or four years ago,

did really well. And then a white one that I created about a year ago when I came back from my trip to Kenya did so well that we wanted to re-launch it this year for fall, for back-to-school. The proceeds go back to helping families like the one that I lived with in Kenya create a sustainable income for themselves.

Are you still in contact with the family you visited in Kenya? I have spoken to them on the phone several times, I have a message I've saved from my phone when they first saw the design for the shirt they all called me and screamed at once. I don't know if this is the most practical item for them to wear – but certainly they deserve all the credit because this design is a



► The Africa Tee retails for \$44.50 and can be purchased at metowestyle.com.

straight rip off of the beadwork that they make so beautifully.

Can you elaborate on how this particular design is a reflection of your time in

Kenya? At the end of my trip — this family really had nothing and had given me everything — so at the end the whole community was lined up to wish me goodbye and they each presented me with a piece of jewelry and beadwork which really was their main source of income. I didn't know how I could possibly thank them at the time, and then I came back and so this is sort of my way of thanking them and honouring them and giving back in a way that I can.

What makes this shirt different from another charity tee? I think a lot of charity shirt are, kind of...ugly. Can I say that? Who needs another logo shirt that they're going to squeeze into the back of their closet. So my objective was to

Good garment

About the Africa Tee:

- The Africa Tee is Canadian-made, sweatshop-free and eco-friendly.
- Half of Me to We's net profits are donated to its charity partner, Free the Children, so part of the proceeds from the tee will go right back to helping families in Kenya live a better life.
- For every tee purchased, Free the Children will also plant a tree in the Maasai Mara region of Kenya.
- Purchase yours at metowestyle.com.

create something that was eco-friendly, sustainable that the proceeds go to something that means a lot to me, and to make it chic and fashionable.

Hot flush with blush

THE KIT

A sweep of blush is the fastest route to a healthy-looking complexion.

Powder Blush

For rosy cheeks that last, use translucent powder as a base, layer on cream blush or stain, and then finish with powder blush.

1. Guerlain Blush G Série Noire, \$76, guerlain.com.
2. Clarins Blush Prodiges Illuminating Cheek Colour in Rose Wood, \$32, clarins.ca.
3. Giorgio Armani Transluminence Face Palette Sheer Blush, \$54, giorgioar-

manibeauty.com.

4. Anna Sui Double Cheek Colour Blush in 03, \$28, anna-sui.com.

Tints

Tints give cheeks a from-within flush and lips a just-bit-finish.

Apply on smooth, moisturized skin.

1. Stila Lip & Cheek Stain in Cherry Crush, \$32, stilacosmetics.com.
2. The Body Shop Tailored Cheek Tint adjusts to your skin's pH, \$16, thebodyshop.ca.
3. Make Up For Ever HD Microfinish Blush in Fuchsia, \$29, makeupforever.com.

4. Lise Watier Happy Face Tinted Cheek Gel, \$21, lise-watier.com.

Cream Blush

Cream blush is dry skin's best friend! Makeup artist and La Prairie Colour Ambassador Raychel Wade likes to apply it with a blush brush for a blended air-brush effect.

1. Smashbox In Bloom Cream Cheek Duo in Blushing/Peony, \$30, smashboxcanada.com.
2. FusionBeauty SculptDiva cream-to-powder blush in Haute, \$31, fusionbeauty.com.
3. M.A.C Cremeblend Blush in Something Special, \$24, maccosmetics.com.
4. La Prairie Cellular Radiance Cream Blush in Peach Glow, \$95, laprairie.com.

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SPECIAL INFORMATION FEATURE

Molson — a great part of summers since 1786

► An old B.C. favourite is the newest addition to Ontario family of beers



JEFF O'REILLY
FOR METRO

The Molson Coors Canada website has a quote I quite like: "If you have a preference, we have your brand".

Giving people what they want is good business and, yet, some folks exhibit fear when big breweries add smaller breweries to their lineup. There's a reason the big guys are big — they brew great beer and they have made sound decisions along the way by promoting the right brands to the right consumers.

Take, for instance, this weekend's Capital City Hoedown, sponsored by Molson Canadian. Easy-

drinking beer and world-class Country music on a summer weekend — it's a natural fit.

Enjoying a Corona at a pool party, celebrating a par putt with an ice cold can of Coors Light or heading to the local pub and trying something new — each drinking occasion is memorable and beer is definitely part of it.

Molson Coors sees the value of adding craft brewing to their portfolio as part of its goal to please all tastes, and to me that just makes sense.

In 2005, Molson Coors Canada purchased the Creemore Springs Brewing Company and, in 2009, Creemore purchased

Six Pints

► The name "Six Pints" interestingly refers to the daily ration of beer given to British soldiers in the 1700s as part of their compensation for being stationed in Canada.

Granville Island Brewing, leading to the late May launch of The Six Pints Specialty Beer Company, causing quite a stir in Canadian beer circles.

While some feared that Molson would alter these local favourites, outside of providing better distribution, giving these craft brewers a larger audience and streamlined operating

costs, nothing else has changed.

Established in 1984, Granville Island Brewing is Canada's first microbrewery and its flagship English Bay Pale Ale (five per cent alcohol by volume) is now available at the LCBO. With a bright, coppery shine and off-white head, the nose is sweet caramel and baked bread. Tastes of toffee, vanilla and toasted pale malts up front are balanced with light lemony hops and a crisp dry finish.

Everything about the beer reminds me more of a British pale ale than the typically hoppy West Coast IPA style I was expecting, which was a delicious and refreshing surprise.



► The girls from The Crazy Horse get ready for The Capital City Hoedown.



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Choose your ambience at the Alpha Soul Café

Alpha Soul Café is trying to carve out its niche in the eclectic neighbourhood of Hintonburg. Is it a coffee shop, a wine bar, or a live music venue? Depending on the time of day, decide for yourself.

Fearing that the small number of Friday night diners meant the restaurant remained undiscovered, it quickly filled up for the free jazz event café hosts weekly that had wines by the bottle being ordered from the menu blackboard. The brightly painted space is beautifully decorated with flowers on each table and local art exhibits.

Focusing on seasonal and local market produce, the menu featured homemade turkey pot pie and sliders (mini-burgers) including a pulled-pork melt with artisan bread that was immediately re-ordered, though the curried beef burger was also a hit, served with a small side of handmade potato chips.

Or try their smoky grilled eggplant sandwich



► The grilled eggplant sandwich at Alpha Soul Café.

on olive bread with a bowl of fresh gazpacho. Alpha Soul Café's meal portion size allows room for dessert with choices of gluten-free cookies to rich cheesecakes.

Alpha Soul offers a good selection of international and Canadian wines

(including sparkling), as well as Kitchissippi beer on tap, but the wine bar atmosphere is confused by its order-at-the-cash policy.

Alpha Soul is the newbie on the trendy culinary block of Wellington Street West. **● SAMANTHA EVERTS**

Explore your local market

► Talk with vendors, use your senses ► Bring egg cartons, bags



**SAMANTHA
EVERTS**
FOR METRO

You want to buy local, but are not sure of what to expect when you explore a farmers' market.

Here are some tips before you start shopping:

- Get there early. Many weekend markets are open at 8 or 9 a.m. That way, the produce has been picked only hours before.
- Hit the ATM. Most markets are cash only.
- Bring egg cartons.
- Bring bags or a basket.
- Pack tea towels for wrapping artisan cheese and breads.
- Walk around. When you first get to the market walk around and scope

out the prices. Some can be radically different from the next farmer.

- Look for the Savour Ottawa sign. This means the food is from the Valley.
- Haggle. If you only want one zucchini and there's a box of three, make them an offer.
- Talk to the farmers. Ask them where their farm is, how big it is, if it's family run. They will be happy to share.
- Taste. Often, there's plenty of free samples.
- Use your senses. Smell and touch the food.
- Go to the specialists. If the stand says, "Bob's Tomatoes," make him your tomato man.
- Buy in season. Don't be deceived by the bananas at



► Many farmers' markets open early — the produce has been picked only hours before.

the end of the stall; they're not from Ontario. ► Don't be afraid to ask what something is. You don't see elephant ear-

sized kale, purple carrots or fava beans still in their shell every day. ► Get friendly. The vendors will remember you

and give you deals or recipe tips. ► Recommended local markets to check out: Lansdowne Farmers' Mar-

ket; Parkdale Market; Byward Market; Little Italy Market; and Bayshore Market (new) can all be found on justfood.ca.



► Lankkaaster from Glengarry Fine Cheese.

Lankkaaster is pick of Canadian cheeses

**CURD
ON
THE
STREET**



My cheese choice this week was an easy one, shining the spotlight on a local winner from the "academy awards" of cheese competi-

tions, the 2011 Canadian Cheese Grand Prix.

Named for a combination of the town of Lancaster, outside of Alexandria (east of Ottawa off Highway 34) and "kaas," the Dutch word for cheese, is Lankkaaster, winner in the semi-soft category.

Accolades go to Glengarry Fine Cheese and gourmet artisan cheesemaker Margaret Morris.

Lankkaaster is a semi-soft

Characteristics

Interesting fact:

Lankkaaster is a Gouda (pronounced "How-da")-style cheese, sharing the same characteristics as the international favourite Dutch farmstead cheese.

to hard cheese, made from the milk of local Brown Swiss cows shaped in a loaf and coated in a colourful

waxy rind. You will find it rich, dense, a little chewy, with barny aromas, butter and nutty flavours, and a mild fruity tang.

The overall texture becomes dry and crumbly with age, and the cheese more intense. Both Lankkaaster Aged and Lankkaaster are best mixed in and used to top your favourite pasta dish under the broiler. **► VANESSA SIMMONS**

FOR MORE, SEE SAVVYCOMPANY.CA

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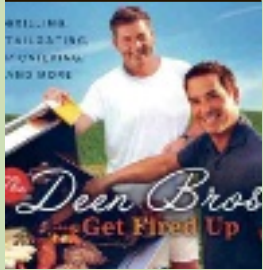
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Weekly Cookbook



Cooking is that much more fun when it's done for your backyard, on the beach, at a picnic or tailgating before the big game. Jamie and Bobby Deen (along with Melissa Clark) have you covered with *The Deen Bros. Get Fired Up* (Ballantine Books, 2011).

The release features 125 mouthwatering recipes and entertaining ideas to make outdoor dining a breeze. Among the standouts are: Balsamic Cherry Pork Chops and Pulled Barbecue Chicken Sandwiches.



► This recipe serves two and takes 10 minutes to make.



► This recipe serves two and takes 25 minutes to make.

BOTH PHOTOS: MATTHEW MEAD/ THE ASSOCIATED PRESS

Summertime & the bruschetta is easy

► Open-faced sandwiches made in a few simple steps

Banana-Manchego Bruschetta Preparation:

1 Heat oven to 230 C (450 F). Slice banana in half crosswise; slice each in half lengthwise to create 4. Place banana slices in bowl; drizzle with lime juice and olive oil. Gently toss to coat.

2 Top each slice of bread with half of arugula; set 2 banana slices over each. Sprinkle with cayenne, salt; top with cheese. Toast in oven until cheese is melted and starting to brown.

Buttery Roasted Tomato Bruschetta Preparation:

1 Heat oven to 260 C (500 F). Cut each tomato in

half top-to-bottom; trim stem area at the top of each. Scoop out and discard centre of each half. Place tomatoes in medium bowl. Drizzle tomatoes with about 30 ml (2 tbsp) of oil toss to coat.

2 Arrange tomatoes on a baking sheet; season with salt and pepper. Roast for 15 minutes, or until starting to brown.

3 Drizzle bread with olive oil; sprinkle half of rosemary over each. During final 5 minutes of roasting, add bread to oven.

4 Once removed, arrange 4 tomato halves over each bread slice. Sprinkle half of butter pieces over each; return to

Shopping List:

Banana-Manchego

- 1 large banana, peeled
- 15 ml (1 tbsp) lime juice
- 15 ml (1 tbsp) olive oil
- 2 slices sourdough bread
- 250 ml (1 cup) arugula
- Pinch cayenne
- Pinch kosher salt
- 125 ml (1/2 cup) grated manchego cheese

Buttery Roasted Tomato

- 4 plum tomatoes
- Olive oil
- Kosher salt, black pepper
- 2 large slices sourdough bread
- 15 ml (1 tbsp) chopped fresh rosemary
- 45 ml (3 tbsp) butter, cut into very small pieces

oven for 1 minute.
THE ASSOCIATED PRESS

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If your walls could talk, they might demand a change

► Stuck in a home decor rut? ► Dip your paintbrush into some bold and exciting colours

DESIGN CENTRE



KARL LOHNES
HOME@
METRONews.ca

Many people feel they know their decor style and spend a lot of time defining it.

The problem is that once they are happy with their decor style, they stop evolving it — it's like people who keep a successful hairstyle or pantsuit for way too long. Like fashion, colours come and go, but most importantly, they evolve.

Brown colours might always be popular, but our favourite version of brown during the 1970s is very different from what was popular in the '80s, '90s or just last year.

About eight years ago I helped a friend choose paint colours for her home.

It is now time to repaint her house and she's hoping to 'freshen things up' but wants to repeat all the old colours. But it's time to evolve her colour scheme and create some new decor memories going forward.

Here's a paint colour update to help you refresh your home without having to change your furnishings and accessories. These new colours will update your

space and complement most everything you originally co-ordinated with your old wall colours.

Golden walls: Anyone that decorates with gold tones usually has a rich, luxurious-style and an over the top decor scheme.

Gold works well with elegant cream upholstery fabrics, shiny gold-gilt pictures frames and dramatic decor touches like marble columns or glass topped dining tables.

Try a new colour: Bone (Cornforth White #228, Farrow and Ball Paints).



Attached to navy walls?

If you decorate with the colour navy then you are a trusted soul in decorating. Every room with navy usually has touches of brown, some version of red and burnished metal finishes.

Try a new colour: Bronze (Benjamin Moore's Meditation AF-395).



In a hunter green time warp?

Welcome to the hunt club — I bet you there are lots of burgundy and gold-coloured accessories in your rooms. Hunter Green is the prestige colour of the mid 1980s.

Try a new colour: Brick

"The problem is that once they are happy with their decor style, they stop evolving it — it's like people who keep a successful hairstyle or pantsuit for way too long."

(Para Paint's Clay SR37)



Confined to burgundy?

Rich burgundy walls adorning bedroom and dining room walls have been popular for a long time. Red has not seen popularity in growth for one reason: brown has been so popular and brown with red is not a favourite scheme for many.

Try a new colour: Plum (Benjamin Moore's Plum Perfect 1371)



Still love those dusty rose walls? That very soft, elegant dusty rose — usually blended with grey (for a modern feel) or with warm champagne (for an elegant look) seems to never go away.

Updating the old dusty rose is not difficult as another classic has emerged.

Try a new colour: Mulberry



(Benjamin Moore's Bonne Nuit AF-635).



The steely grey daze: If you had/remember steely, cold grey from the 1980s then you must also remember black lacquered coffee tables (with brassy trims) and black leather furniture.

The easy update to this

modern look was to paint the walls white and proclaim your modern life but now we are warming the world up again.

Try a new colour: Driftwood (Farrow and Ball's Light Gray#17).



Stuck in the brown mud? That bold, 1970s wall

colour quickly went from brown to rust to orange (could we shock the in-laws any more?) and most often stayed a version of orangey rust.

Why not throw the in-laws for a loop again?

Try a new colour: Citron (Para Paints Bean Bag Toss, P5049-42).



WHY DISPLAY YOUR CLEANING ITEMS?

CHARLES THE BUTLER



ASKCHARLES
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FOR MORE, VISIT
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Question:
I'm wondering what I should

do with my toilet brush? I like to keep it beside the toilet for practical reasons but at the same time I think it is really ugly.
Crystal, Winnipeg

Answer:

Dear Crystal,

The toilet brush is a cleaning apparatus much like a vacuum cleaner, mop or broom.

The toilet brush was not

designed to be an decorative accessory displayed beside the toilet; it is designed and intended solely for the cleaning of the lavatory pan (toilet bowl).

In a perfect world, the toilet brush should be kept either under the bathroom sink or in a closed container within your cleaning caddy.

Although the cleaning chemicals you use to clean

your toilet will help to keep your toilet brush clean, it is still dirty and exposed to bacteria based on what it is intended for.

Finally after years of household cleaning, and more importantly of training housekeepers at my butler school, I strongly recommend one solution for cleaning the toilet, and that is SC Johnson & Son Scrubbing Bubbles® Fresh

Brush™ Toilet Cleaning System

Now I should own shares in this company, or at least have free products for life because I'm obsessed about this great product.

It cleans the toilet perfectly and the "chemical pad" is flushed down the toilet at the end, so all you have is the wand to keep in your cleaning caddy, this to me is the perfect toilet

cleaning solution that every household should use!

Lastly, did you know that the toilet brush was only invented in 1932?



Rock your way to relaxation

► Not a fan of weeding and watering? ► Soothe your soul with a low-maintenance rock garden

DIY IDEAS

Avoid the headache of gardening and bring some Zen to your own backyard with careful planting, specific stone choices and the creation of your own rock garden.

Derek Stearns and Dean Marsico are the hosts of Rock Solid on DIY Network Canada.

These stonemasons regularly tackle masonry projects for the yard and home — whether it's fixing a front step or creating a backyard fire pit.

Rock your world

You need to select the stone you will be using, keeping in mind to choose a variety of large and small boulders, flat stones, coloured river bed stones and flagstone.

When installing the stones, begin with the largest and heaviest.

Use crowbars and

stone shims to roll these boulders into place, creating a footing so they look natural rather than sitting on ground level.

Planting ideas

Pick plants that are suitable to your local climate.

mate to complete the design of the rock garden.

Remember to choose multiple textures and colours to create an interesting aesthetic.

Once you're ready to plant, work down the landscape and scatter the various colours and textures amongst the entire space.

Walk the walk

The final touch is to create a stepping stone area through the garden that can be used to weed, water, and stroll.

Begin by placing the stones in their de-



► Warning: Your rock garden may inspire you to start drinking green tea and doing yoga outside.

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The deck has gone high tech

Wood decks are rapidly being replaced by plastic, aluminum and other man-made decking materials, which are prized for their easy maintenance.

Builders are making decks into showpieces, with multiple levels, custom railings and other perks.

Even wood is getting an upgrade, with some buyers seeking out rare, tropical hardwoods for their durability.

When Ron Spillers first began building decks in the Seattle area 20 years ago, the average deck was made of cedar and cost less than \$5,000.

Now, Spillers' company, West Coast Decks,

Materials

Here is a rundown of decking materials.

► **Wood** Most homeowners still choose wood when they build a deck, for its cost as well as its authentic look. It's also durable.

► **Composite** Composite

charges closer to \$20,000.

That's partly because 90 per cent of his customers choose man-made decking materials, which are 40 per cent more expensive.

Spillers, who builds 140 decks a year, said business is booming again after a two-year slump.

decking is made of plastic and wood fibre. Composite looks a lot like real wood, but it's less likely to rot or get infested with insects than real wood, and it's less slippery.

► **Plastic** Plastic, or PVC decking, is newer to the market and is basically composite without the wood fibre.

"There's a lot of pent-up desire to fix up homes instead of buying new ones," he said.

"People aren't afraid to take a risk on a \$20,000 to \$30,000 deck project."

You don't even have to spend that much to have a great deck.

A simple cedar deck

with no railings or benches can cost around \$15 per square foot, including labour and materials, Spillers said.

Man-made materials tack on cost, but you can pay that back over time because you will spend less on sealants and cleaning products.

Railings cost around \$35 per foot.

No matter how much you spend, an investment in a new deck will pay dividends.

According to Remodeling Magazine's 2010-2011 survey, homeowners who build a deck can get up to 73 per cent of their investment back when they sell their home.

THE ASSOCIATED PRESS



► Decks are a great investment if you plan to sell your home.

COURTESY LOWE

Wozniacki gets bounced

► Top-ranked player knocked out in a second-round upset

Defending champion Caroline Wozniacki has crashed out of the women's draw of the Rogers Cup.

The top-ranked Dane was shocked by Roberta Vinci 6-4, 7-5 in the second round yesterday afternoon.

Wozniacki, who has won a WTA-leading five titles this year, was up 5-1 in the second set and looking to rally from a set down. However, the No. 22-ranked Italian stormed back with three break points to complete the upset.

Wozniacki had a bye in the first round and never really got going against Vinci, sending her return long on match point. Wozniacki also hit returns long twice at the first set point to give Vinci a lead she would not relinquish.

"I would have liked to have won that one and especially after leading 5-1 in the second," Wozniacki

said. "It's not fun to lose this, but there's nothing really I can do about it now, just practise and try to do better."

Windy conditions wreaked havoc with Wozniacki's serve in the first set, as the ball repeatedly floated away when she tossed it above her. She would double fault seven times in the match.

"It was very difficult at first with the wind," Wozniacki said. "Especially when you threw it up. It was going everywhere, so definitely that didn't make it easy. It was blowing in different directions, but it's the same for both players."

It will be Vinci's first appearance in the third round of the Rogers Cup in her third visit to the tournament. She has wins this year in Barcelona, Budapest and Hertogenbosch.

THE CANADIAN PRESS



► Caroline Wozniacki returns to Roberta Vinci yesterday in Toronto.

Men's action



Roger Federer defeated Canadian Vasek Pospisil in straight sets yesterday in the men's draw of the Rogers Cup.

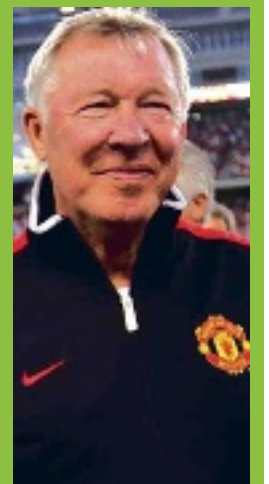
► It was a dream matchup for the 21-year-old

Pospisil, who has idolized the tennis great since childhood.

- But after a close first set on centre court at Uniprix Stadium, Federer disposed of the 155th-ranked native of Vernon, B.C., 7-5, 6-3.
- Play was delayed in Montreal at approximately 6 p.m. ET due to heavy rain-fall. Before the weather delay, No. 1 seed Novak Djokovic survived an early scare before defeating Russia's Nikolay Davydenko 7-5, 6-1.

4
sports

Quoted



"It is very easy for me to remain motivated. The players keep me enthusiastic."

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ANDREW WALLACE/TORSTAR NEWS SERVICE



► Fans in Toronto hold up signs last night mocking accusations that the Jays have been stealing signs.

Jays deny stealing signs

► ESPN reports players' complaints ► GM calls accusations 'stupid'

Jose Bautista wonders what it's going to be next.

"I'm intrigued to see what they're going to come up with next week or next year to try to decipher why we're playing good or why we're doing good or something," the Toronto Blue Jays right-fielder said before yesterday's game against the Oakland Athletics.

The major-league home run leader was responding to the latest twist in what has become an ongoing saga. An ESPN report says at least four members of an opposing team — identified by Bautista as the Chicago White Sox — claim the Blue Jays stole signs from outside the field of play during games at Rogers Centre.

"This is just ridiculous and fictitious," Bautista said.

Bautista has 33 homers

"There's zero truth to this. No one's ever contacted me. No GM has picked up the phone and called me."

JAYS GM ALEX ANTHOPOULOS ON SIGN STEALING ACCUSATIONS

this season, and led the majors with 54 last season. As his home run total mounted last year he had to listen to suggestions that steroids might be involved.

"Doing things that are illegal in the game of baseball, this has not happened here and it won't happen," Bautista said. "That's not the way I do things. That's the same answer I gave last year about the whole steroid thing."

Players in the visiting bullpen noticed a man dressed in white in the out-

field at the Jays' stadium in April of 2010. According to the website's report, the players said the man made signals from the outfield stands to Toronto batters, apparently alerting them to what pitch was coming.

"I don't see how you can look at the ball and look at that at the same time," Bautista said. "It's impossible in my head. From reading the article, I have no idea how they claim this is done.... It would help anybody to know what's coming. Of course it does."

The all-star was supported by Toronto's front office.

"This is stupid," said Blue Jays general manager Alex Anthopoulos, who denied that his team stole signs in the article and did so again before yesterday's game.

New York Yankees manager Joe Girardi suggested

last month that the Blue Jays might be stealing signs at Rogers Centre. Yankees catcher Russell Martin of Chelsea, Que., said at the time he suspected the Toronto players were stealing signs from second base.

Girardi had little to say when asked to comment on the latest allegations against the Blue Jays.

"People have been stealing signs since the beginning of time," Girardi said before the Yankees hosted the Angels. "It's your job as a club to protect your signs."

Asked about the matter before his game at Baltimore, White Sox manager Ozzie Guillen acknowledged being aware of Toronto's reputation for sign stealing.

"People talk about it," Guillen said. "If it works, they should be in first place." **THE CANADIAN PRESS**

Pirates begin to right their sinking ship

The Pirates showed up in San Francisco mired in a 10-game losing streak with little going right. In two weeks, they'd fallen from first place to 10 games out.

Winning two from the reigning World Series champion Giants did a lot as Pittsburgh heads off to face NL Central-leading Milwaukee in an important matchup of division rivals.

Andrew McCutchen hit a two-run homer, Jeff Karstens bounced back from his worst start of the season and the Pirates won their first series in three weeks with a 9-2 victory over the struggling Giants yesterday.

Pittsburgh is off today before opening a weekend series with the Brewers, who have won all five previous meetings.

"We'll find out after the Friday night game, but we're going in with some confidence," Pirates manager Clint Hurdle said. "We were able to put a foot down and win a series on the road."

Garrett Jones added an

10

The Giants have lost 10 of their last 13 games. They've lost three straight series at home for the first time since 2008.

RBI single to continue his torrid August and help back Karstens (9-6), whose career-high nine strikeouts matched a season high for the team. Karstens, who ended a four-start winless stretch, gave up a season-high nine runs and nine hits in a 15-5 loss at San Diego last Friday.

"It's good for us, especially heading into Milwaukee," Karstens said.

Pablo Sandoval homered for the Giants, who began the day with a half-game lead over Arizona in the NL West. The Diamondbacks host Houston in a night game. San Francisco has led the division since June 25.

Jonathan Sanchez (4-7) walked McCutchen on four

pitches and threw five straight balls to start the game. Sandoval came in from third and catcher Eli Whiteside hustled to the mound to chat with the left-hander, who was roughed up again in his second start since coming off the disabled list with biceps tendinitis. Sanchez was done after 4½ innings and hasn't won since June 2 at St. Louis.

McCutchen went 1 for 1 with three walks and a hit by pitch. He stole two bases and scored four runs — the most by a Pirate in a game this year. His 16th clout of the year put Pittsburgh ahead 3-1 in the third. The Pirates have homered in four of their last five games and eight of 12.

McCutchen was hit by a pitch leading off the seventh. Brandon Wood drove in a run that inning and Matt Diaz hit two run-scoring singles. Pittsburgh's Nos. 1-5 hitters went a combined 7 for 17 with six RBIs, eight runs scored, seven walks and a hit batter. **THE ASSOCIATED PRESS**

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	72	43	.626	—
New York	70	45	.609	2
Tampa Bay	61	54	.530	11
Toronto	58	57	.504	14
Baltimore	44	69	.389	27

CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	61	55	.526	—
Cleveland	58	56	.509	2
Chicago	57	58	.496	3½
Minnesota	51	65	.440	10
Kansas City	49	67	.422	12

WEST DIVISION				
	W	L	Pct	GB
Texas	66	51	.564	—
Los Angeles	64	53	.547	2
Oakland	52	63	.452	13
Seattle	49	66	.426	16

Last night's results

Cleveland 10, Detroit 3
N.Y. Yankees 9, L.A. Angels 3
Chicago White Sox at Baltimore
Oakland at Toronto
Kansas City at Tampa Bay
Seattle at Texas
Boston at Minnesota

Tuesday's results

Chicago White Sox 4, Baltimore 3
Cleveland 3, Detroit 2, 14 innings
L.A. Angels 6, N.Y. Yankees 4
Oakland 4, Toronto 1
Tampa Bay 4, Kansas City 0
Texas 7, Seattle 6
Boston 4, Minnesota 3

Tonight's games

Kansas City (Duffy 3-5) at Tampa Bay (Nie-mann 6-4), 12:10 p.m.
Oakland (Moscoso 4-6) at Toronto (Mills 1-1), 12:37 p.m.
L.A. Angels (Chatwood 6-8) at N.Y. Yankees (Colon 8-6), 1:05 p.m.
Chicago White Sox (Buehrle 9-5) at Baltimore (Tillman 3-4), 7:05 p.m.
Detroit (Verlander 16-5) at Cleveland (Car-mona 5-11), 7:05 p.m.

Tomorrow's games

Detroit at Baltimore, 7:05 p.m.
Minnesota at Cleveland, 7:05 p.m.
Tampa Bay at N.Y. Yankees, 7:05 p.m.
L.A. Angels at Toronto, 7:07 p.m.
Kansas City at Chicago White Sox, 8:10 p.m.
Texas at Oakland, 10:05 p.m.
Boston at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	77	40	.658	—
Atlanta	68	49	.581	9
New York	58	57	.504	18
Washington	56	59	.487	20
Florida	55	61	.474	21½

CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	66	50	.569	—
St. Louis	62	54	.534	4
Pittsburgh	56	60	.483	10
Cincinnati	56	61	.479	10½
Chicago	49	67	.422	17
Houston	38	78	.328	28

WEST DIVISION				
	W	L	Pct	GB
Arizona	63	53	.543	—
San Francisco	64	54	.542	—
Colorado	55	63	.466	9
Los Angeles	52	64	.448	11
San Diego	51	66	.436	12½

Tuesday's results

Philadelphia 9 L.A. Dodgers 8
Pittsburgh 9 San Francisco 2
Cincinnati 3, Colorado 2
Atlanta at Florida
San Diego at N.Y. Mets
Washington at Chicago Cubs
Milwaukee at St. Louis
Houston at Arizona

Tuesday's results

Arizona 11 Houston 9
Atlanta 4 Florida 3 (11 innings)
Colorado 3 Cincinnati 2
Milwaukee 5 St. Louis 3 (10 innings)
N.Y. Mets 5 San Diego 4
Philadelphia 2 L.A. Dodgers 1
San Francisco 6 Pittsburgh 0
Washington 3 Chicago Cubs 1

Today's games

San Diego (Luebke 4-6) at N.Y. Mets (Niese 11-8), 12:10 p.m.
Colorado (Chacin 9-8) at Cincinnati (Cueto 7-5), 12:35 p.m.
Washington (Zimmermann 7-9) at Chicago Cubs (Dempster 9-8), 2:20 p.m.
Milwaukee (Gallardo 13-7) at St. Louis (C.Carpenter 7-8), 8:15 p.m.
Houston (Myers 3-12) at Arizona (J.Saunders 8-9), 9:40 p.m.

Tomorrow's games

Washington at Philadelphia, 7:05 p.m.
San Diego at Cincinnati, 7:10 p.m.
San Francisco at Florida, 7:10 p.m.
Chicago Cubs at Atlanta, 7:35 p.m.
Pittsburgh at Milwaukee, 8:10 p.m.
Colorado at St. Louis, 8:15 p.m.
N.Y. Mets at Arizona, 9:40 p.m.
Houston at L.A. Dodgers, 10:10 p.m.

TUESDAY

ATHLETICS 4, BLUE JAYS 1

Oakland	ab	r	h	bi	Toronto	ab	r	h	bi
JWeeks 2b	5	0	1	0	YEscos ss	4	0	2	0
Pngtn ss	4	1	1	0	ETHms lf	4	0	1	0
Matsui dh	4	0	0	0	Bautist rf	4	0	0	0
Wlngh lf	3	1	1	2	Lind 1b	4	0	0	0
CJcksn 1b	4	0	0	0	Encmc dh	2	1	2	1
DeJess rf	3	1	0	0	Teahen pr	0	0	0	0
KSuzuk c	4	1	2	1	Rasms cf	4	0	1	0
Sweeny cf	3	0	1	1	A.Hill 2b	4	0	0	0
SSizm 3b	3	0	0	0	Arenci c	3	0	0	0
Lawrie 3b	3	0	0	0					

Totals	33	4	6	4	Totals	32	1	6	1
Oakland	000	002	101	4	Toronto	010	000	000	1

DP—Oakland 1. LOB—Oakland 6, Toronto 7.
2B—E.Thames (13). HR—Willingham (18), K.Suzuki (10), Encarnacion (10).
IP H R ER BB SO
Oakland
Harden W,3-2 7 5 1 1 2 8
Balfour H,19 1 1 0 0 0 0
A.Bailey S,14-16 1 0 0 0 1 0
Toronto
Cecil L,4-5 7 4 3 3 2 5
L.Perez 11-3 0 1 1 0 0 0
Camp 2-3 2 0 0 0 0 0
HBP—by Cecil (Willingham), by L.Perez (DeJesus).
T—2:31. A—20,521 (49,260).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	23	9	7	7	24	22	34
Philadelphia	22	8	5	9	27	20	33
Kansas City	23	7	7	9	32	30	30
New York	24	6	6	12	37	33	30
Houston	23	6	7	10	28	28	28
D.C. United	21	6	6	9	29	33	27
New England	23	4	10	9	22	33	21
Toronto	25	3	11	11	24	46	20
Chicago	22	2	7	13	23	30	19

WESTERN CONFERENCE

Los Angeles	25	13	3	9	35	20	48
Dallas	24	12	6	6	31	24	42
Seattle	24	11	5	8	35	27	41
Colorado	25	9	6	10	35	31	37
Real Salt Lake	21	10	5	6	30	16	36
Chivas USA	23	7	8	8	30	26	29
Portland	22	7	10	5	28	35	26
San Jose	23	5	8	10	25	30	25
Vancouver	23	3	11	9	25	36	18

Note: Three points for a win, one for a tie.

Saturday's games

Chivas USA at Seattle, 4 p.m.
Real Salt Lake at Toronto, 7 p.m.
New England at Columbus, 7:30 p.m.
Vancouver at D.C. United, 7:30 p.m.
Chicago at New York, 7:30 p.m.
FC Dallas at Philadelphia, 8 p.m.
Colorado at San Jose, 10:30 p.m.
Sunday's game
Portland at Houston, 9 p.m.

CFL

WEEK SEVEN

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Winnipeg	6	5	1	0	152	113	10		
Montreal	6	4	2	0	195	152	8		
Hamilton	6	3	3	0	152	144	6		
Toronto	6	1	5	0	128	178	2		

WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Edmonton	6	5	1	0	169	127	10		
Calgary	6	4	2	0	149	137	8		
B.C.	6	1	5	0	150	172	2		
Saskatchewan	6	1	5	0	112	184	2		

Tonight's game

Edmonton at Montreal, 7:30 p.m.

Tomorrow's game

Calgary at Saskatchewan, 9 p.m.

Saturday's games

Toronto at Hamilton, 7 p.m.

Winnipeg at B.C., 10 p.m.

WEEK EIGHT

Byes: Calgary, Hamilton, Montreal, Winnipeg

Thursday, Aug. 18

Saskatchewan at Toronto, 7:30 p.m.

Friday, Aug. 19

B.C. at Edmonton, 9 p.m.

LEADERS

Unofficial CFL scoring leaders following Sat-

urday's game (x — scored two-point convert):

SCORING	TD	C	FG	S	Pts
Whyte, Mtl	0	21	15	1	67
Duval, Edm	0	17	13	9	65
Palardy, Wpg	0	12	16	4	64
Medlock, Ham	0	15	14	3	60
McCallum, BC	0	13	15	2	60
Paredes, Cal	0	11	12	4	51
E.Johnson, Sask	0	11	10	5	46
Stala, Ham	6	0	0	0	36
Prefontaine, Tor	0	8	8	0	32
Edwards, Wpg	5	0	0	0	30
Kackert, Tor	5	0	0	0	30
Stamps, Edm	5	0	0	0	30
Bratton, Mtl	4	0	0	0	24
Cornish, Cal	4	0	0	0	24
Diedrick, Mtl	4	0	0	0	24
Barnes, Edm	3	0	0	0	18
Brown, BC	3	0	0	0	18
Gates, Sask	3	0	0	0	18
Cobourne, Ham	3	0	0	0	18
Foster, BC	3	0	0	0	18
Green, Mtl	3	0	0	0	18
Porter, Edm	3	0	0	0	18
Richardson, Mtl	3	0	0	0	18
Robertson, BC	3	0	0	0	18
C.Williams, Ham	3	0	0	0	18
Shaw, Tor	0	5	4	1	18
Dressler, Sask	2	0	0	0	12
Getzlaf, Sask	2	0	0	0	12
Jeffers-Harris, Wpg	2	0	0	0	12
Joseph, Edm	2	0	0	0	12
Lemon, Tor	2	0	0	0	12
McPherson, Mtl	2	0	0	0	12
Messam, Edm	2	0	0	0	12
Reynolds, Cal	2	0	0	0	12
Simon, BC	2	0	0	0	12
Whitaker, Mtl	2	0	0	0	12
Banks, BC	1	0	0	0	6
Bishop, Cal	1	0	0	0	6

GOLF

WEEKEND GLANCE

PGA OF AMERICA

PGA CHAMPIONSHIP

Site: Johns Creek, Ga.

Schedule: Today-Sunday.

Television: TNT (Today-Friday, 1-7 p.m., Satur-day-Sunday, 11 a.m.-2 p.m.) and CBS (Satur-day-Sunday, 2-7 p.m.).

Online: www.pga.com/pgachampionship

PGA Tour site: www.pgatour.com

European Tour site: www.europeantour.com

NATIONWIDE TOUR

PRICE CUTTER CHARITY CHAMPIONSHIP

Site: Springfield, Mo.

Schedule: Today-Sunday.

Television: None.

Online: www.pgatour.com

HOCKEY

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At Bredav, Czech Republic and Piestany, Slovakia

PRELIMINARY ROUND

GROUP A

	GP	WOTWOTL	L	GF	GA	Pt
Sweden	3	3	0	0	14	7 9
Canada	3	2	0	0	1 13	6 6
Czech Republic	3	1	0	0	2 7	12 3
Switzerland	3	0	0	0	3 4	13 0

GROUP B

	GP	WOTWOTL	L	GF	GA	Pt
Russia	3	2	0	1	0 12	8 7
Finland	3	2	0	0	1 17	8 6
U.S.	3	0	2	0	1 14	15 4
Slovakia	3	0	0	1	2 9	21 1

Note: Three points awarded for a win in regu-lation, two for an overtime win and one for losing in overtime.

Yesterday's results

At Piestany, Slovakia

Russia 3 Finland 1

U.S. 6 Slovakia 5 (SO)

Canada 6 Czech Republic

Sweden 5 Czech Republic 3

Tuesday's results

At Piestany, Slovakia

Finland 10 Slovakia 2

U.S. 5 Russia 4 (OT)

At Bredav, Czech Republic

Canada 6 Czech Republic 1

Sweden 4 Switzerland 3

Thursday Games

No Games Scheduled.

PLAYOFFS

Tomorrow's games

Seventh Place

Switzerland vs. Slovakia, TBA

Fifth Place

Czech Republic vs. U.S., TBA

Semifinals

Russia vs. Canada, TBA

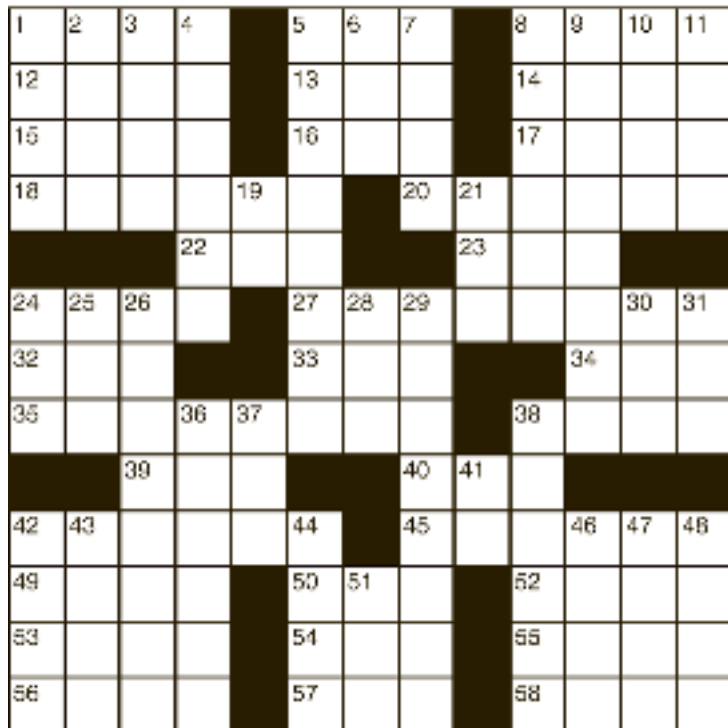
Sweden vs. Finland, TBA

Saturday's games

Crossword

Across

1 Nitwit
5 Scatter seed
8 At the peak of
12 Grand tale
13 Literary collection
14 Actor LaBeouf
15 Options list
16 Mainlander's me-mento
17 Sword handle
18 Spotted cat
20 Raids
22 Branch
23 Easter entree
24 Blend together
27 Arriving
32 Conger, e.g.
33 Actress Long
34 Sister
35 "Tobacco Road" author
38 Variety of Indian ox
39 Swiss canton
40 Past
42 Mourn
45 Doctors
49 Eye part
50 Singer DiFranco
52 Slanted lettering (Abbr.)
53 "A — home is ..."
54 Barbie's companion
55 Farm fraction
56 Act the robot
57 Ram's mate
58 Masticate
Down
1 Showroom sample
2 Oil acronym
3 Eat in style
4 Eye-piece

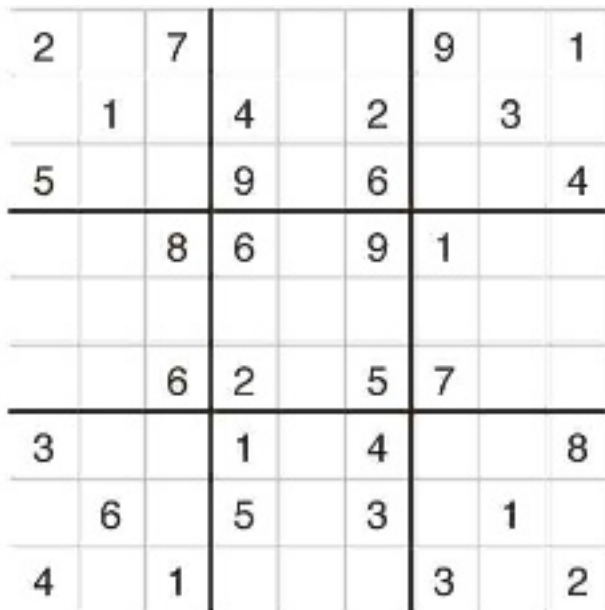


5 Place of drudgery
6 Inseparable
7 Homeless child
8 Religious retreat
9 Vitamin B1
10 Unctuous
11 Butter squares
19 Alternatively
21 "So that's your game, eh?"
24 Moment
25 Earl Grey, e.g.
26 Light up
28 Zero
29 Poison ivy aid
30 Gist
31 Wildebeest
36 Stylish
37 Triumph
38 Astrologer's chart
41 Big name in appliances
42 Prom-goers' ride
43 Bedouin
44 Snatch
46 Target for 29-Down
47 Concern
48 Passel
51 Just out

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

9	3	8	2	8	4	1	5	7
5	7	1	3	8	0	2	4	8
6	2	4	7	5	1	9	3	0
1	0	3	4	2	8	7	9	5
7	8	2	5	3	9	4	0	1
4	9	5	0	1	7	8	2	3
3	5	7	1	4	2	0	8	9
2	1	9	6	8	5	3	7	4
8	4	6	9	7	3	5	1	2

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Feelings I hold for you
come straight from the
core of my heart; You are
my heartbeat. I truly love
you and pray we be
together forever. With
you! LOL

jenilee
to my love of my life
princess buko pie, i really
miss you, the day is not
the same without you its
like peanut without butter,
ham without sandwich
and chicken without
wings. i just want to say
that i will always love you
till the end of time. lov u
always ROBERT

MADDIE Hatoner ;)
thinking of your gorgeous
SMILE, hope you have an
awesome day at school.
YOU ARE SO STUNNINGLY
BEAUTIFUL.....=)

H.BALLZ

Today's horoscope

♈ Aries March 21-April 20 You don't like to admit defeat but with your ruler Mars at odds with Pluto today, you may have to.
♉ Taurus April 21-May 21 A relationship that has been up and down is beginning to stabilize. Don't let minor irritations ruin it.
♊ Gemini May 22-June 21 Most likely what you thought was a problem is not a problem at all.
♋ Cancer June 22-July 22 If you feel physically and mentally exhausted, you must heed your body's warning and slow down.

♌ Leo July 23-Aug. 23 People will try to play on your feelings of guilt, but you must not let them succeed.
♍ Virgo Aug. 24-Sept. 22 A problem you have been struggling with will resolve itself today and the relief you feel will be euphoric.
♎ Libra Sept. 23-Oct. 23 If you allow yourself to dwell on negative imaginings, they could so easily lead to negative events.
♏ Scorpio Oct. 24-Nov. 22 Try not to take anything too seriously today, especially if you tend to dwell on perceived slights.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 It's good to remind people that behind that easygoing exterior is a sensitive human being.
♑ Capricorn Dec. 22-Jan. 20 If a friend seems a bit hostile, but you must not let it get to you.
♒ Aquarius Jan. 21-Feb. 18 You have bitten off more than you can chew. Decide what tasks are worth carrying on with.
♓ Pisces Feb. 19-March 20. If you let colleagues down it will damage your future prospects.

● SALLY BROMPTON

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- Jen & Al Greer, Episode 2

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72mo.

2011 MAZDA6



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